AQUATICS , FITNESS , AND RECREATIONAL SPORTS

PROGRAMS UPDATE

Policy/Resources

- **Navy MWR Instruction BUPERSINST 1710.11C (No Changes)**
  - **Chapter 11 Fitness Programs**
  - **Chapter 15 Aquatic Programs and Facilities.**

- **Navy Fitness Standards (Revised June 06)**

Policy/Resources

- **No Cost Access to Fleet Readiness Fitness Centers (October 06)**
  - **Free Access to All Eligible Patrons**
  - **Including DOD Civilians (APF and NAF, and retired DOD civilians).**
  - **Some services still may require a fee: Recreational Swimming, Classes, Lockers, Intramural Sports, Off Base Facilities.**

Policy/Resources

- **OPNAV 6110.1H (Physical Readiness Program)**
  - **NEW NAVADMIN 293/06 – Beginning with spring 2007 Physical Fitness Assessment Cycle, use of the elliptical trainer is approved as an alternate cardiorespiratory test option for the 1.5 mile run. As with the swim and treadmill, authorization to test using the elliptical trainer is the discretion of the CO or OIC.**

Policy/Resources

- **Specific Models Accepted to Perform Test**
  - **Life Fitness Models CT9500, 95XI, 91XI, and 91X**
  - **Precor Model EFX – NAVY**
  - **Nautilus Model E9 16**

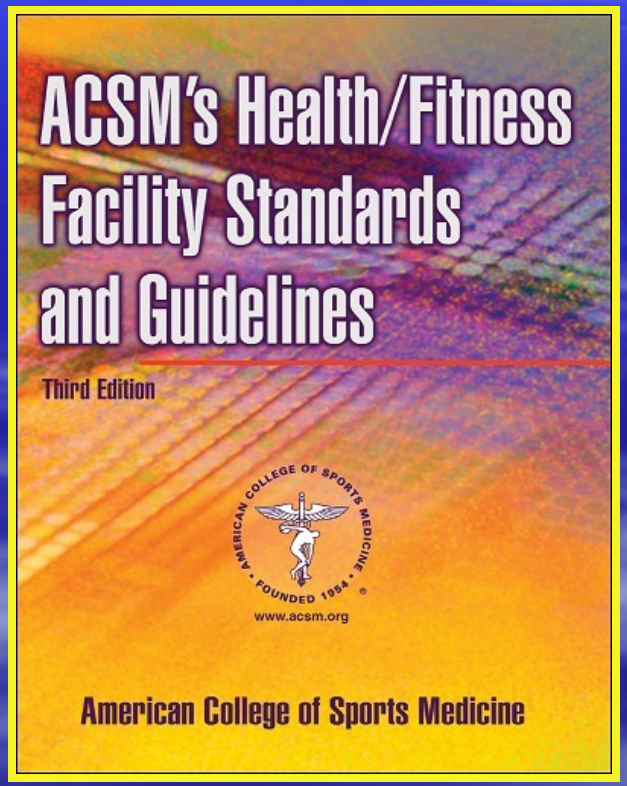
Policy/Resources

- **Navy Fitness Website – New Site**

- **https://cnicportal.cnic.navy.mil/C2/C2/Fitness/default.aspx**

Policy/Resources

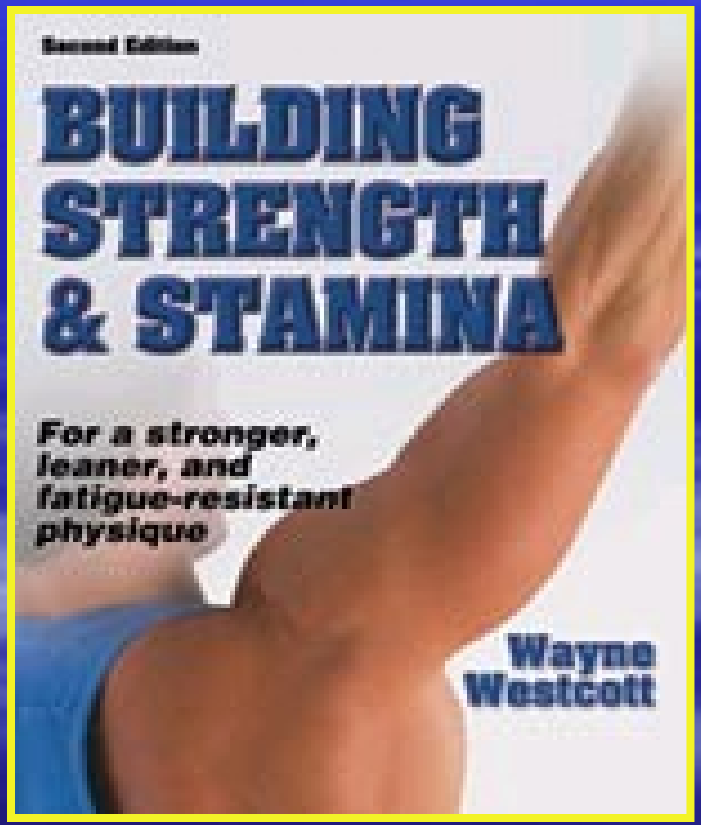
- New Edition of ACSM's Health / Fitness Facility Standards and Guidelines is now available.



- Good book to have as a reference guide due to most of our standards being based on this book.

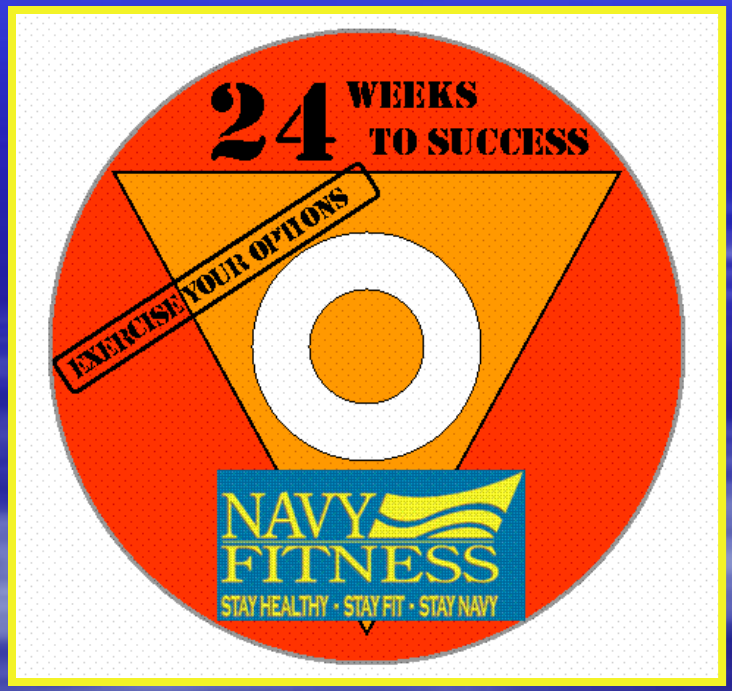
Resources Available From CNIC

- **Staff Training Certification**
  - **Self paced staff training certification course**
  - **Once completed staff member will receive Navy Fitness Basic Certification.**
  - **Meets DoD Standards**



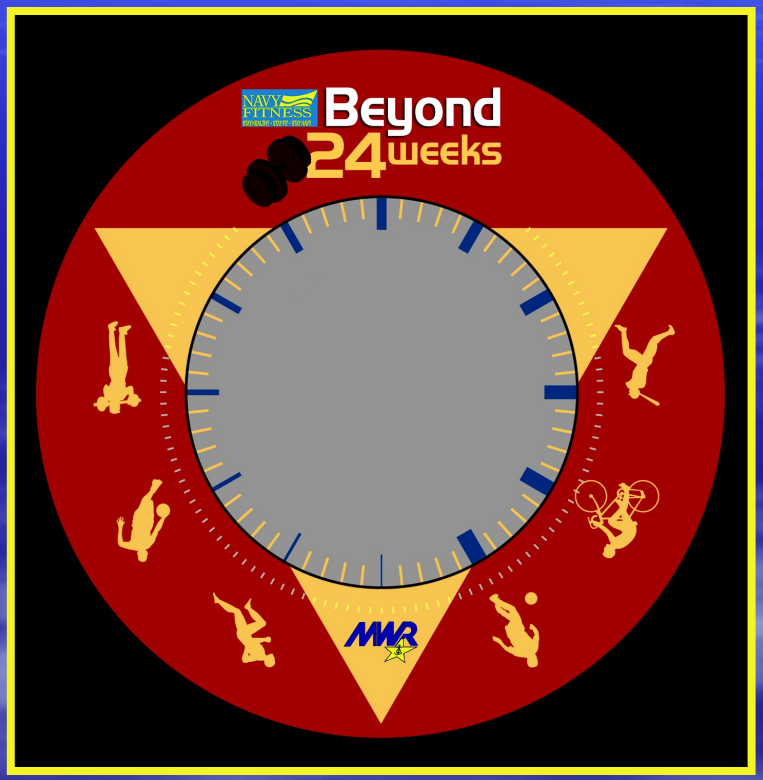
Resources Available From CNIC

- 24 Weeks to Success
  - **24 Week Comprehensive Fitness Enhancement Program**
  - **Internet explorer based**
  - **Printable logs and charts**



Resources Available From CNIC

- Beyond 24 Weeks
  - **16 Week Fitness Maintenance Program**
  - **Internet explorer based**
  - **Printable logs and charts**



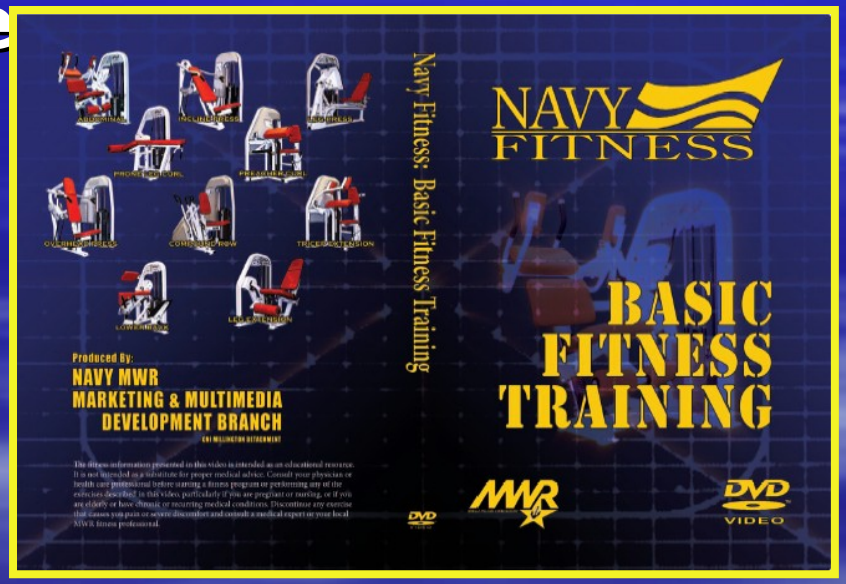
Resources Available From CNIC

- **Beyond 24 Weeks Advanced**
  - **16 Week Advanced Training Program**
  - **Internet explorer based**
  - **Printable logs and charts**

Specifically geared toward those individuals who are looking to take their fitness training to the next level.

Resources Available From CNIC

- **Basic Fitness DVD**
  - DVD explaining and demonstrating the following areas:
  - General Warm Up and Stretch
  - Basic Cardio
  - Basic Strength Training



Resources Available From CNIC

- General Fitness Class

Class specifically designed to assist the Command Fitness Leader in designing and implementing fitness programming.

Resources Available From CNIC

- General Fitness Class
  - Held initial instructor training in February of 06
  - At least one representative from each region attended
  - Class should be offered on a quarterly basis or more if needed to the CFL's on base.
  - Instructors can certify members of their staff to teach the class once they have

Resources Available From CNIC

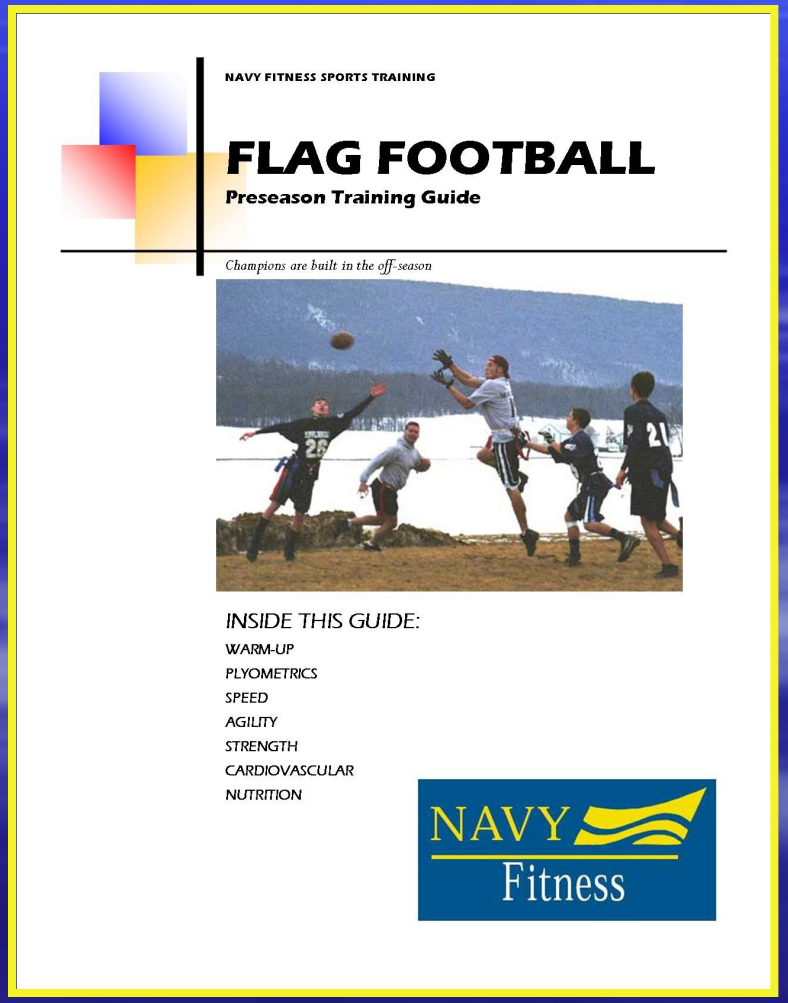
- General Fitness Class
  - At present time there should be at least one person at every base that is able to teach this class.

Resources Available From CNIC

- General Fitness Class
  - Stress to CFL's that this class does not certify them as official CFL. Only official CFL class can do this.

Resources Available From CNIC

- Sport Training Manuals
  - Comprehensive Pre-Season training manuals for the following sports.
    - Flag Football
    - Softball
    - Basketball
    - Golf

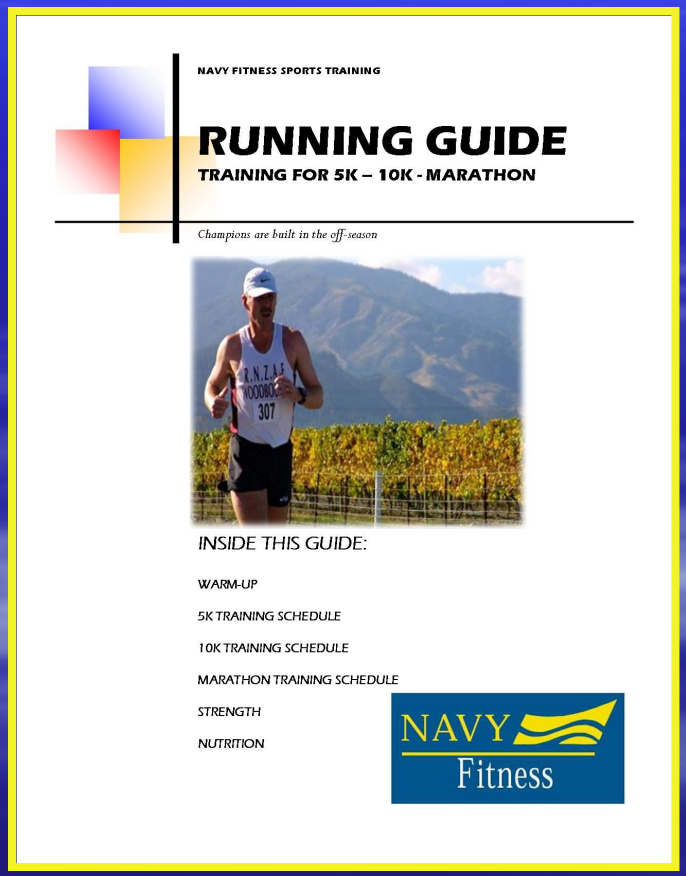


Resources Available From CNIC

- RUNNING MANUAL

  -New Running manual provides information for those preparing to run a 5K, 10k, and Marathon.

  -Both roadwork and strength training workouts are included in this manual



Resources Available From CNIC

NAVY FITNESS
STAY HEALTHY • STAY FIT • STAY NAVY

NAVY FITNESS INSIDER

APRIL/ MAY 2006

VOLUME 3 ISSUE 1

WHATS INSIDE

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EXERCISING AS A FAMILY IS GOOD 4
ONE IN THREE KIDS NOT IN PHYSICAL SHAPE 6
MAKE TIME FOR YOUR FAMILIES IN YOUR FITNESS CENTER 7
HEALING POWER OF FOOD 8
REACHING OUT AND INFORMING OUR SAILORS 10
UPCOMING TRAININGS 12

SPECIAL POINTS OF INTEREST:

- ACSM Conference April 10-15 Orlando
- NSCA Conference July 11-15 Washington D.C.
- Athletic Business November 13-17 Las Vegas

WELCOME TO THE PREMIRE 2006 EDITION OF NAVY FITNESS INSIDER

Welcome to the premier edition of Navy Fitness Insider for 2006. Many new items have come about since the last issue of Navy Fitness Insider was released. First off, for those of you who attended the 2005 Athletic Business Conference we would like to extend a "Thank You" for taking time to come to the conference and learn about all the new happenings in Navy Fitness. We rolled out a couple new initiatives for 2006 that you may or may not have heard about. One of them being the new Navy Fitness General Fitness Certification. This class is intended to assist the Command Fitness Leader in designing Fitness Enhancement Programs for their sailors who failed the Physical Readiness Test. The initial group of instructors for the class were selected by each region throughout the Navy. These Fitness Personnel came to CNI-Millington Detachment on February 7-9 to attend the first ever Navy Fitness General Fitness Instructor Training.

Instructors learned how to administer and teach the class to their students. Twenty eight participants attended the training and I am proud to say that all 28 are now officially General Fitness Training Instructors. These instructors will now conduct this general class on a quarterly basis throughout their region or they may train additional instructors to teach the class throughout the region.

Family Fitness was also touched heavily at the Athletic Business Conference. This is why the premiere issue of Navy Fitness Insider will have many articles addressing this. Some topics we will be touching on are Youth Fitness, Family Fitness, Scheduling Family Fitness in your Facility, Outreaching to the Fleet and Shore Commands, Monthly Health/Fitness Promotions in your gyms.

All this along with the recipe of the month should start of the premiere issue of Navy with a lot of new information for you to think about. Enjoy!

- Navy Fitness Insider

-Bimonthly Newsletter giving updates in Navy Fitness and other fitness related topics.

Fitness Training

- FY-06
  - 4 Basic Fitness Classes
  - 6 Advanced Fitness Training Classes
  - 2 Sports Training Classes
  - 3 Field Maintenance Classes

Fitness Training

- FY-07
  - **14 + Fitness Classes**
    - **Basic Fitness**
    - **Advanced Fitness**
    - **Sport Training**
    - **Youth Training**
    - **Fit After 50 Training**

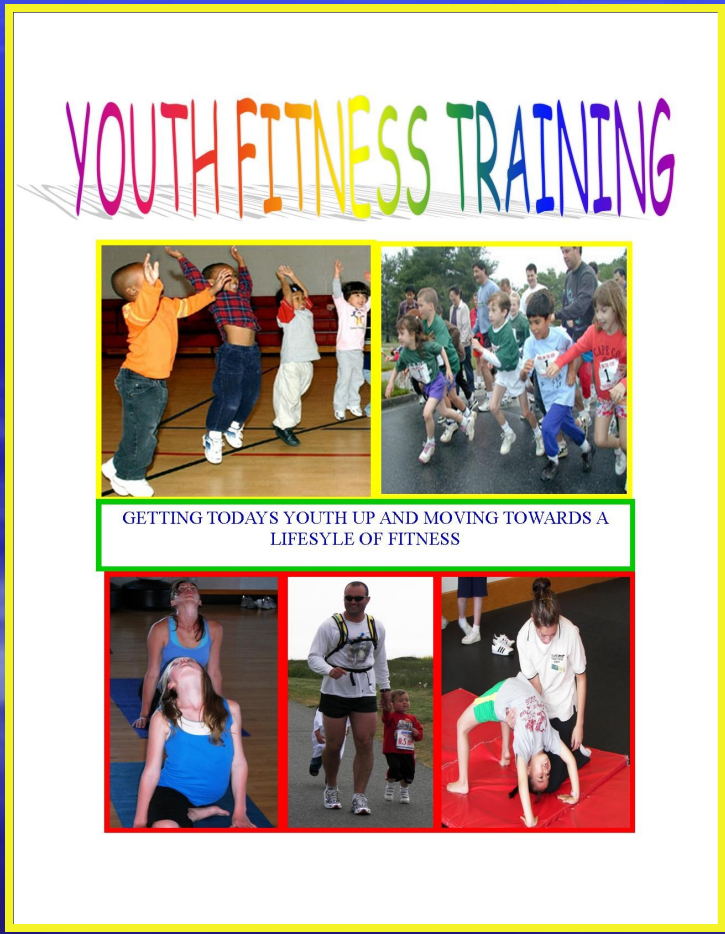
New Fitness Trainings for FY07

Youth Fitness Training Class

- 2 Day Class Focusing on Youth Fitness Activities
- Covers the areas of Strength Training, Cardiovascular Training, Warm Up, Program Design, and Nutrition

New Fitness Trainings for FY07

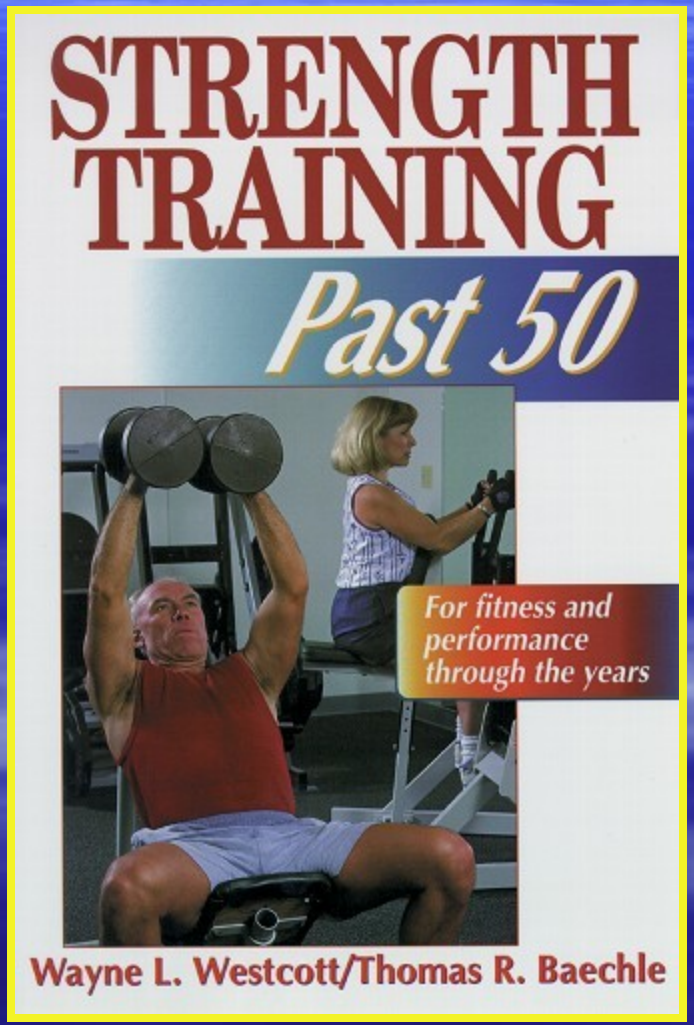
- Specific breakout sessions will demonstrate age specific drills and activities.
- Instructional CD included with printable activities
- After passing test participant will receive Navy Fitness Youth Training Certification.



New Fitness Trainings for FY07

Fit After 50

- One Day Class (Approximately 4-6 Hrs) dealing with the issues of fitness training for those individuals over the age of 50.
- Taught by Dr. Wayne Westcott



Fitness Training

- Presently looking for host bases for fitness training classes for FY07.

- Contact Marc Meeker if you are interested in being a host for a Navy Fitness Training.

Fitness Initiatives

HEALTHIERFEDS PHYSICAL ACTIVITY CHALLENGE 2007...The Office of Personnel Management (OPM) is again teaming with the President's Council on Physical Fitness and Sports (PCPFS) to host a HealthierFeds Physical Activity Challenge scheduled to take place Jan. 22 to March 18, 2007. All federal employees and their families, as well as federal retirees and contractors, are encouraged to participate. The 2007 Challenge goals are:

- To inspire employees to be physically active;
- To achieve the highest levels of agency participation possible; and
- To build a spirit of camaraderie at the agencies.

The Challenge is designed to include all federal employees, from those who already practice an active lifestyle, to those who currently are less active. Participants can choose from nearly 100 activities to earn points, offering enough variety and flexibility to sustain their interest and enthusiasm. The Challenge encourages a spirit of healthy competition by tracking agencies according to the levels of employee participation over the entire competition period. At the conclusion, OPM and the PCPFS will recognize department and agency-level special achievements.

Details on registration, rules for participation, and other information will be distributed soon and will also be made available on www.healthierfeds.gov. Early planning and preparations for related activities, including agency-tailored motivational programs, can begin now.

Fitness Equipment

- FY-07
- Must maintain present fitness equipment and budget for replacement at the regional / base level
- Service seminars can be arranged through vendors to teach proper equipment maintenance and repair.

Fitness Equipment

- AED’s

- If you presently have an AED are you checking it periodically to make sure it is functional?
- If you do not have one, have you budgeted for one?
- Batteries in these units do wear out from lack of use.
- Have your local medical or fire department check your AED in accordance with the users manual.
- Do not need a surprise when an AED is needed in an emergency.

Emergency Plans

- Bloodborne Pathogens
  - Do you have an emergency plan for bloodborne pathogens?
  - Is your plan and procedures able to be done at all facilities? (Weight Room, Gym Floor, Fields)
  - Do you have proper chemicals to clean up a blood related incident?

Regional Running Teams

- No supplemental funding available for FY07.
- Presently looking for New Vendor Support
- New guidelines will be created once vendor support has been established.
- Look for updates soon

Americas Kids Run

- Kids run will be funded in FY07.
- Announcement letters will be coming out in December.
- Deadline to register will be early February.
- Be sure to look for this announcement so you do not miss out on this great event.

FY-07 Objectives

- Establish a Family Fitness Hour at all fitness centers world wide.
- General Fitness Course being offered at every base on a quarterly basis.
- Beyond 24 Weeks Advanced CD
- Resistance Band Instructional Video
- Pre-Season Sport Training Manuals

FY-07 Objectives

- Confined Space Exercising Manual
- Free Weight Instructional DVD
- Navy Fitness Basic Staff Certification 100% Compliance
- Family Fitness Program Guide
- Nutritional Information and Dietary Guidance Class

QUESTIONS?